

## A Step Beyond

A new service will soon become available to those with life-threatening illness or injury and their loved ones. It is called the STAR SYSTEM.

Offered under the LIFE SPAN Program, the STAR SYSTEM Project offers a means whereby the individual can reduce dramatically the common fear of physical death. The result can be at the least, greater tolerance of the situation, including awareness that humans are indeed more than their physical bodies. At most, the STAR SYSTEM user may learn to control willfully and calmly the sequence of physical death.

At the same time, STAR SYSTEM helps loved ones understand and accept the physical death process so as to provide badly needed specific support at critical moments. It also includes methods that can be employed to help family and friends consistently adjust to and recover from the loss of their devoted one.

STAR SYSTEM is a series of audio learning exercises on cassette tape or compact disc(CD), designed for use at home, in hospitals, hospices and nursing care facilities. It utilizes the Hemi-Sync sound technology developed by the Monroe Institute over the past thirty years.

The Project is under the direction of world leaders in human life and death processes: Elisabeth Kubler-Ross, MD, DD, author and lecturer, international authority on death and dying, and

Robert Monroe, author, researcher in states of consciousness, and creator of several hundred learning systems using audio technology, and as consultant, Charles Tart, PHD, author, lecturer, university professor, and contemporary authority on human consciousness.

Acting as coordinators are Darlene Miller, PHD, and Joseph Gallenberger, PHD, both psychologists experienced in the Monroe Institute Hemi-Sync sound technology. Also participating in Star System are Albert Dahlberg, MD, Professor of Medicine, Dean Lusted, MD, pathologist, and Constance Townsend, MD, researcher, among others.

STAR SYSTEM has these goals for both Principal and Supporters:

1. Reduction of stress
2. Freedom from anxiety and fear
3. Recognition that each is more than a physical body
4. Dissolution of fears relative to physical death
5. Knowledge of survival beyond physical life
6. The right of self-control by each individual
7. The means to exercise such right through mental processes
8. Reinforcement for Supporters during and after trauma
9. Supporter acceptance and adaptation to change
10. Supporter contemplative contact and communication with post-physical Principal.

## EXERCISES

(P/S) TO BE LEARNED BY BOTH PRINCIPAL AND SUPPORTERS

(P) TO BE LEARNED BY PRINCIPAL

(S) TO BE LEARNED BY SUPPORTERS

NOTE: ANY EXERCISES CAN BE USED AS DESIRED, THE CODING IS A RECOMMENDATION ONLY. ALSO, ANY EXERCISE CAN BE REPEATED UNTIL EFFECTIVENESS IS ASSURED.

### SS-100(P/S)

Introduction to way of Hemi-Sync process, training in use of "Security Repository Box" to set aside distracting thoughts and emotions, and establish the state of relaxation known as Focus 10 - Mind Awake/Body Asleep.

### SS-101(P/S)

Focus 10 Reinforcement, construct an individual "energy bar" mental tool, so as to direct personal energy into areas most in need, adjustment to the knowledge that physical sensory input signals are not required to retain active, thinking consciousness.

### SS-102(P/S)

Free Flow Focus 10, testing and exploring the freedom of the human mind from physical body restraints as a separate intelligent energy form, even while still a resident in physical reality.

### SS-103(P/S)

Release from heavy emotional patterns while in Focus 10. Removal such patterns item by item from the Security Repository

Box, and using the personal Energy Bar Tool, convert such energy into constructive form.

SS-104(P/S)

Introduction to Focus 12, a state of expanded awareness, where information and communication is available that has been blocked previously by strong physical sensory signals. The key to knowledge that one is indeed much more than a physical body.

SS-105(P/S)

Guided imagery from Focus 12. To Focus 15, the state of No Time, to 21, the end of time-space, to 22, composed of unorganized human thought, to 23, the state of humans immediately after permanent release from the physical body. to 24,25,26, the span of those in non-physical residence after departure, generated by various Belief Systems, and 27, a temporary site of rest and recuperation among friends before making a decisive step into a new direction. Complete return to physical waking consciousness.

SS-106(P/S)

The Option Route. A return survey of the guided tour to 27, with implication that the Principal can remain at any of the non-physical states previously visited if so desired. Return to physical waking consciousness completes the exercise.

SS-107(P)

A repeat of SS-106, ending in sleep, with no guided return to physical waking consciousness.

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